

<p>॥ क्षमाप्रार्थना प्रणाम ॥</p> <p>॥ kṣamāprārthanā praṇāma ॥</p>		
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ vāsanā'panayanāya    1	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां वासनाऽपनयनाय ॥ १॥	1. I offer this seat to the Divine. I bow to thee for the removal of my worldly desires.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ krodhā'panayanāya    2	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां क्रोधाऽपनयनाय ॥ २॥	2. I offer this seat to the Divine. I bow to thee for the removal of my anger.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ bhayā'panayanāya    3	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां भयाऽपनयनाय ॥ ३॥	3. I offer this seat to the Divine. I bow to thee for the removal of my fear.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ mohā'panayanāya    4	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां मोहाऽपनयनाय ॥ ४॥	4. I offer this seat to the Divine. bow to thee for the removal of my attachments.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ lobhā'panayanāya    5	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां लोभाऽपनयनाय ॥ ५॥	5. I offer this seat to the Divine. I bow to thee for the removal of my greed.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ mātṣaryā'panayanāya    6	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां मात्सर्याऽपनयनाय ॥ ६॥	6. I offer this seat to the Divine. I bow to thee for the removal of my jealousy.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ krūratā'panayanāya    7	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां क्रूरताऽपनयनाय ॥ ७॥	7. I offer this seat to the Divine. I bow to thee for the removal of my cruelty.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ bhramā'panayanāya    8	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां भ्रमाऽपनयनाय ॥ ८॥	8. I offer this seat to the Divine. I bow to thee for the removal of my delusion.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ asantoṣā'panayanāya    9	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां असन्तोषाऽपनयनाय ॥ ९॥	9. I offer this seat to the Divine. I bow to thee for the removal of my discontentment.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ lolupatā'panayanāya    10	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां लोलुपताऽपनयनाय ॥ १०॥	10. I offer this seat to the Divine. I bow to thee for the removal of my covetousness.

ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ śatrutā'panayanāya    11	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां शत्रुताऽपनयनाय ॥ ११॥	11. I offer this seat to the Divine. I bow to thee for the removal of my animosity.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ chalā'panayanāya    12	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां छलाऽपनयनाय ॥ १२॥	12. I offer this seat to the Divine. I bow to thee for the removal of my untrustworthiness.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ ālasyā'panayanāya    13	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां आलस्याऽपनयनाय ॥ १३॥	13. I offer this seat to the Divine. I bow to thee for the removal of my laziness.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ drohā'panayanāya    14	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां द्रोहाऽपनयनाय ॥ १४॥	14. I offer this seat to the Divine. I bow to thee for the removal of my betrayal.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ aviśvāsā'panayanāya    15	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां अविश्वासाऽपनयनाय ॥ १५॥	15. I offer this seat to the Divine. I bow to thee for the removal of my mistrust.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ kapaṭā'panayanāya    16	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां कपटाऽपनयनाय ॥ १६॥	16. I offer this seat to the Divine. I bow to thee for the removal of my deception.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ sandehā'panayanāya    17	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां सन्देहाऽपनयनाय ॥ १७॥	17. I offer this seat to the Divine. I bow to thee for the removal of my doubtfulness.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ svārthā'panayanāya    18	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां स्वार्थाऽपनयनाय ॥ १८॥	18. I offer this seat to the Divine. I bow to thee for the removal of my selfishness.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ nirlajjātā'panayanāya    19	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां निर्लज्जताऽपनयनाय ॥ १९॥	19. I offer this seat to the Divine. I bow to thee for the removal of my immodesty.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ akṛtajñatā'panayanāya    20	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां अकृतज्ञताऽपनयनाय ॥ २०॥	20. I offer this seat to the Divine. I bow to thee for the removal of my ingratitude.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ kṛpaṇatā'panayanāya    21	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां कृपणताऽपनयनाय ॥ २१॥	21. I offer this seat to the Divine. I bow to thee for the removal of my miserliness.

ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ apavitratā'panayanāya    22	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां अपवित्रताऽपनयनाय ॥ २२॥	22. I offer this seat to the Divine. I bow to thee for the removal of my impurity.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ parigrahatā'panayanāya    23	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां परिग्रहताऽपनयनाय ॥ २३॥	23. I offer this seat to the Divine. I bow to thee for the removal of my possessiveness.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ durāgrahatā'panayanāya    24	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां दुराग्रहताऽपनयनाय ॥ २४॥	24. I offer this seat to the Divine. I bow to thee for the removal of my obstinacy.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ cañcalatā'panayanāya    25	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां चञ्चलताऽपनयनाय ॥ २५॥	25. I offer this seat to the Divine. I bow to thee for the removal of my fickleness.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ dhūrtatā'panayanāya    26	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां धूर्तताऽपनयनाय ॥ २६॥	26. I offer this seat to the Divine. I bow to thee for the removal of my cunningness.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ vyabhicārā'panayanāya    27	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां व्यभिचाराऽपनयनाय ॥ २७॥	27. I offer this seat to the Divine. I bow to thee for the removal of my corruption.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ ahaṁkāra'panayanāya    28	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां अहंकाराऽपनयनाय ॥ २८॥	28. I offer this seat to the Divine. I bow to thee for the removal of my egoism.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ mṛṣāvādītā'panayanāya    29	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां मृषावादिताऽपनयनाय ॥ २९॥	29. I offer this seat to the Divine. I bow to thee for the removal of my unnecessary chattering.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ adattādānā'panayanāya    30	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां अदत्तादानाऽपनयनाय ॥ ३०॥	30. I offer this seat to the Divine. I bow to thee for the removal of my stealing.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ abrahmacaryā'panayanāya    31	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां अब्रह्मचर्याऽपनयनाय ॥ ३१॥	31. I offer this seat to the Divine. I bow to thee for the removal of my immodesty.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ mānitvā'panayanāya    32	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां मानित्वाऽपनयनाय ॥ ३२॥	32. I offer this seat to the Divine. I bow to thee for the removal of my arrogance.

ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ rāgā'panayanāya    33	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां रागाऽपनयनाय ॥ ३३॥	33. I offer this seat to the Divine. I bow to thee for the removal of my passions.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ dveṣā'panayanāya    34	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां द्वेषाऽपनयनाय । ॥ ३४॥	34. I offer this seat to the Divine. I bow to thee for the removal of my aversions.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ kalahapriyā'panayanāya    35	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां कलहप्रियाऽपनयनाय ॥ ३५॥	35. I offer this seat to the Divine. I bow to thee for the removal of my indulgence in quarrels.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ avarṇavādā'panayanāya    36	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां अवर्णवादाऽपनयनाय ॥ ३६॥	36. I offer this seat to the Divine. I bow to thee for the removal of my defamation of others in their absence.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ paiśunya'panayanāya    37	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां पैशुन्याऽपनयनाय ॥ ३७॥	37. I offer this seat to the Divine. I bow to thee for the removal of my calumny.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ ratitā'panayanāya    38	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां रतिताऽपनयनाय ॥ ३८॥	38. I offer this seat to the Divine. I bow to thee for the removal of my likes and dislikes.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ paraparivādatā'panayanāya    39	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां परपरिवादताऽपनयनाय ॥ ३९॥	39. I offer this seat to the Divine. I bow to thee for the removal of accusing others.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ māyāvāditā'panayanāya    40	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां मायावादिताऽपनयनाय ॥ ४०॥	40. I offer this seat to the Divine. I bow to thee for the removal of my spreading rumors and gossiping.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ hiṁsakatā'panayanāya    41	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां हिंसकताऽपनयनाय ॥ ४१॥	41. I offer this seat to the Divine. I bow to thee for the removal of my violence.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ śaṁkākuśaṁkā'panayanāya    42	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां शंकाकुशंकाऽपनयनाय ॥ ४२॥	42. I offer this seat to the Divine. I bow to thee for the removal of my suspicions and skepticism.

ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ kubuddhyā'panayanāya    43	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां कुबुद्ध्याऽपनयनाय ॥ ४३॥	43. I offer this seat to the Divine. I bow to thee for the removal of my evil-mindedness.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ vikalpatā'panayanāya    44	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां विकल्पताऽपनयनाय ॥ ४४॥	44. I offer this seat to the Divine. I bow to thee for the removal of my indecisiveness.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ pūrvāgrahā'panayanāya    45	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां पूर्वग्रहाऽपनयनाय ॥ ४५॥	45. I offer this seat to the Divine. I bow to thee for the removal of my prejudices.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ kuvicārā'panayanāya    46	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां कुविचाराऽपनयनाय ॥ ४६॥	46. I offer this seat to the Divine. I bow to thee for the removal of my evil thoughts.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ abhimānā'panayanāya    47	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां अभिमानाऽपनयनाय ॥ ४७॥	47. I offer this seat to the Divine. I bow to thee for the removal of my arrogance.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ abhakṣyāhārā'panayanāya    48	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां अभक्ष्याहाराऽपनयनाय ॥ ४८॥	48. I offer this seat to the Divine. I bow to thee for the removal of my habits of eating prohibited foods.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ haṭhā'panayanāya    49	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां हठाऽपनयनाय ॥ ४९॥	49. I offer this seat to the Divine. I bow to thee for the removal of my inflexibility.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ bāhyakalahā'panayanāya    50	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां बाह्यकलहाऽपनयनाय ॥ ५०॥	50. I offer this seat to the Divine. I bow to thee for the removal of my outer quarrels.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ āntarakalahā'panayanāya    51	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां आन्तरकलहाऽपनयनाय ॥ ५१॥	51. I offer this seat to the Divine. I bow to thee for the removal of my inner quarrels.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ mūḍhatā'panayanāya    52	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां मूढताऽपनयनाय ॥ ५२॥	52. I offer this seat to the Divine. I bow to thee for the removal of my dullness.

ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ ajāgr̥tyā'panayanāya    53	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां अजागृत्याऽपनयनाय ॥ ५३॥	53. I offer this seat to the Divine. I bow to thee for the removal of my unawareness.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ mūr̥cchā'panayanāya    54	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां मूर्च्छाऽपनयनाय ॥ ५४॥	54. I offer this seat to the Divine. I bow to thee for the removal of my infatuations.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ bhāvanidrā'panayanāya    55	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां भावनिद्राऽपनयनाय ॥ ५५॥	55. I offer this seat to the Divine. I bow to thee for the removal of my day-dreaming.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ svamatāgrahatā'panayanāya    56	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां स्वमताग्रहताऽपनयनाय ॥ ५६॥	56. I offer this seat to the Divine. I bow to thee for the removal of my narrow-mindedness.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ andhaśraddhā'panayanāya    57	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां अन्धश्रद्धाऽपनयनाय ॥ ५७॥	57. I offer this seat to the Divine. I bow to thee for the removal of my superstitions.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ mānā'panayanāya    58	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां मानाऽपनयनाय ॥ ५८॥	58. I offer this seat to the Divine. I bow to thee for the removal of my grandiosity.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ adharmā'panayanāya    59	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां अधर्माऽपनयनाय ॥ ५९॥	59. I offer this seat to the Divine. I bow to thee for the removal of my immorality.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ asatyā'panayanāya    60	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां असत्याऽपनयनाय ॥ ६०॥	60. I offer this seat to the Divine. I bow to thee for the removal of my untruthfulness.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ vibhrāntatā'panayanāya    61	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां विभ्रान्तताऽपनयनाय ॥ ६१॥	61. I offer this seat to the Divine. I bow to thee for the removal of my confusions.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ dambhā'panayanāya    62	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां दम्भाऽपनयनाय ॥ ६२॥	62. I offer this seat to the Divine. I bow to thee for the removal of my hypocrisy.
ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ apauruṣā'panayanāya    63	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां अपौरुषाऽपनयनाय ॥ ६३॥	63. I offer this seat to the Divine. I bow to thee for the removal of my cowardice.

ahamidaṁ āsanaṁ brahmaṇe arpayāmi    namāmi tvāṁ aśaucā'panayanāya    64    brahmārpaṇaṁ brahma haviḥ brahmāgnau brahmaṇā hutam   brahmaiva tena gantavyaṁ brahmakarmasamādhinā       hariḥ om tatsat	अहमिदं आसनं ब्रह्मणे अर्पयामि ॥ नमामि त्वां अशौचाऽपनयनाय ॥ ६४॥  ब्रह्मार्पणं ब्रह्म हविः ब्रह्मग्नौ ब्रह्मणा हुतम् । ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना ॥ ॥ हरिः ॐ तत्सत् ॥	64. I offer this seat to the Divine. I bow to thee for the removal of my defilements.  The act of offering is God, the oblation is God. By God it is offered into the Fire of God. God is That which is to be attained by him who sees God in all. HariH Om Tatsat !!
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### Kshamaprarthna Namaskar vidhi

1. Namaskarasana – salutations - standing with hands folded as in namaste
2. Tadaasana - - Tree pose – inhale raise both hands above the head
3. Hastapadasana - Toe touching - exhale – bent while standing and touch the toes
4. Vajrasana – Thunderbolt pose – inhale
5. Sashtanga pranama – bowing pose – exhale
6. Bhujangasana – cobra pose – inhale
7. Kurmasana – tortoise pose – exhale
8. Vajrasana – thunderbolt – inhale
9. Hastapadasana – toe touching – exhale
10. Namaskarasana - Salutation

Stand in Namaskara pose, and invite the Divine Pray with the mantra for removal of the negative quality as described in the mantra.

Raise the hands in tadasana, move into hastapadasana, vajrasana, to eightfold bowing pose to bhujangasana to kurmasana, to vajrasana, to hastapadasana. While performing the asanas, think about the antidotes to the negative qualities such as love, peace, compassion, etc Follow the breathing pattern. Come back to namaskarasana and start with another mantra by inviting the Divine and continue as before. Follow the breathing pattern.

One can concentrate on one particular mantra and perform several repetitions depending upon the gravity and influence of that particular quality. One can also offer the flowers while inviting Brahman as a witness and offering the seat.